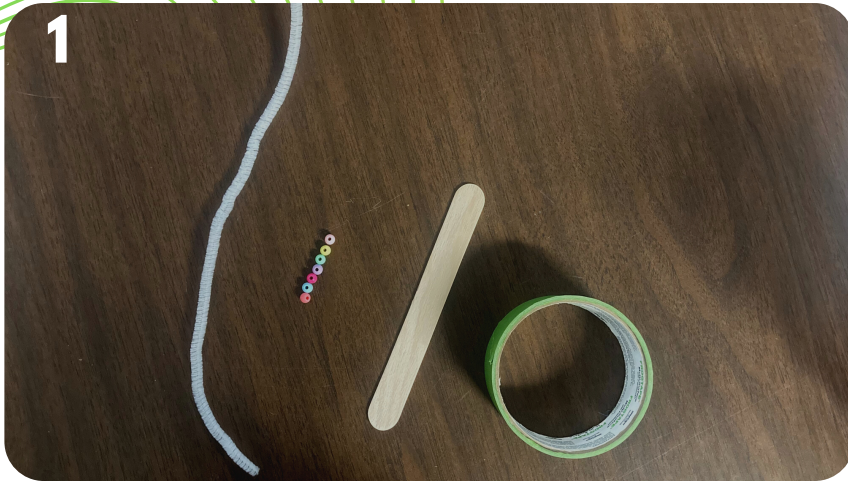# How to make a Fidget Tool:
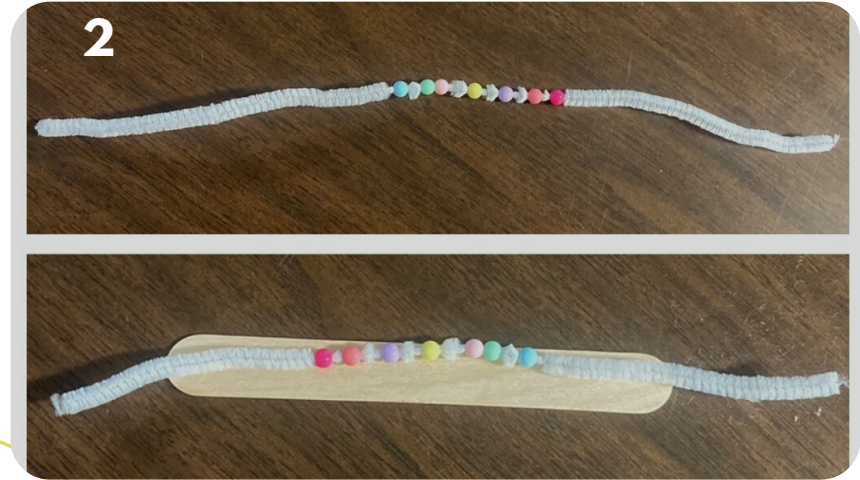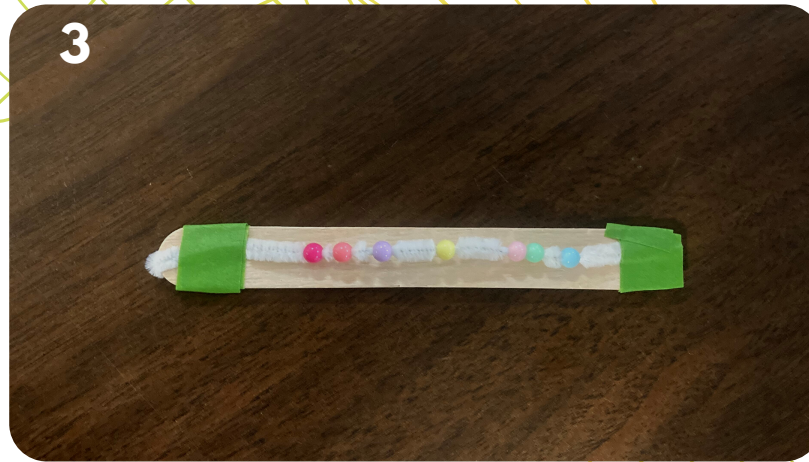
1

Materials:
- Craft/popsicle stick
- Pipe Cleaner
- Beads
- Tape

2

Slide several beads onto the pipe cleaner. Cut the pipe cleaner to fit the length of the craft/ popsicle stick, enough to allow both ends to overlap of the popsicle stick.

3

Bend both ends of the pip cleaner over the ends of the stick. Attach them with a strip of tape over the length of the pipe cleaner that is bent down on the backside of the craft stick. Then enjoy using your fidget tool by moving or counting the beads can help you relax!